

WILD WEASEL WEEKLY WRAP-UP



- ◆ Updates
- ◆ News
- ◆ Events

...and more!

22 October 2021

UPDATES

COVID-19 MITIGATION UPDATE

A. MAB COVID-19 Directive and MAB Hot Spot Annex

The most up-to-date documents are on the Misawa COVID-19 Information page. Use QR Code/link to navigate to the page.

B. Health Protection Condition Alpha (HPCON A)

Effective immediately, Misawa Air Base is now in Health Protection Condition Alpha (HPCON A).

The change from HPCON B to HPCON A was directed due to the following factors:

- low averages of local COVID cases
- sustained downward trajectory of documented COVID cases in the local community
- local hospital and treatment facilities capacity
- increased vaccinate rates on and off base, and
- low overall risk to the local community

The following Misawa Air Base COVID policy changes are effective immediately:

- There are currently no travel restrictions throughout Japan (all areas are white).
- Fully vaccinated personnel are not required to wear a mask on base, except while in the base hospital, AMC terminal, DoDEA facilities, and JASDF facilities.
 - ◇ All personnel, regardless of vaccination status, are still required to wear a mask while off base.
- Fully vaccinated personnel are no longer required to wear a mask while in close proximity to local national.
- Fully vaccinated personnel are authorized to visit bars, clubs and karaoke establishments throughout Japan.
- Unvaccinated personnel are only authorized to visit bars, clubs and karaoke establishments in Misawa City at this time.
- Previously established group size restrictions on and off base were rescinded/removed.
 - ◇ Personnel must abide by local off base establishment restrictions, if any exist.
- Previously established occupancy limits in restaurants, movie theaters and gyms were rescinded/removed.

The updated Misawa AB COVID-19 Directive and Weekly Hot Spot Annex will be available on the official website <https://www.misawa.af.mil/COVID-19-Information/>. See the new On and Off Base Activity Guide below. Base personnel are encouraged to continue social distancing, mask wearing while exhibiting flu like symptoms, and adhering to other CDC recommended COVID mitigation best practices to help us keep our on and off base community safe.

C. The MAB COVID-19 Directive was updated **15 Oct 2021**. See below for significant changes. Visit the Misawa COVID-19 Information page to read the full Directive.

1. Mask Wear Guidance

- Vaccinated members no longer required to wear a mask when in close proximity to local nationals on base.
- No change to off-base mask wear guidance.
- No change to unvaccinated mask wear guidance.
- All members regardless of vaccination status required to wear masks when entering JASDF and DoDEA facilities.

D. The MAB Weekly Hot Spot Annex was updated **20 October 2021 (No changes from last week)**.

1. New **White** Areas: Okinawa Prefecture.



In accordance with Misawa AB Policy

**MASKS ARE NOT
REQUIRED FOR
VACCINATED
PERSONNEL
IN THIS
FACILITY**





MISAWA COVID-19 DIRECTIVE: WEEKLY HOT SPOT ANNEX

EFFECTIVE AS OF: 20 Oct 2021

Changes are highlighted in YELLOW



The stipulations below are IN CONJUNCTION with the "Misawa Air Base COVID-19 Directive."

ON-BASE LIBERTIES

1. No On-base restrictions at this time

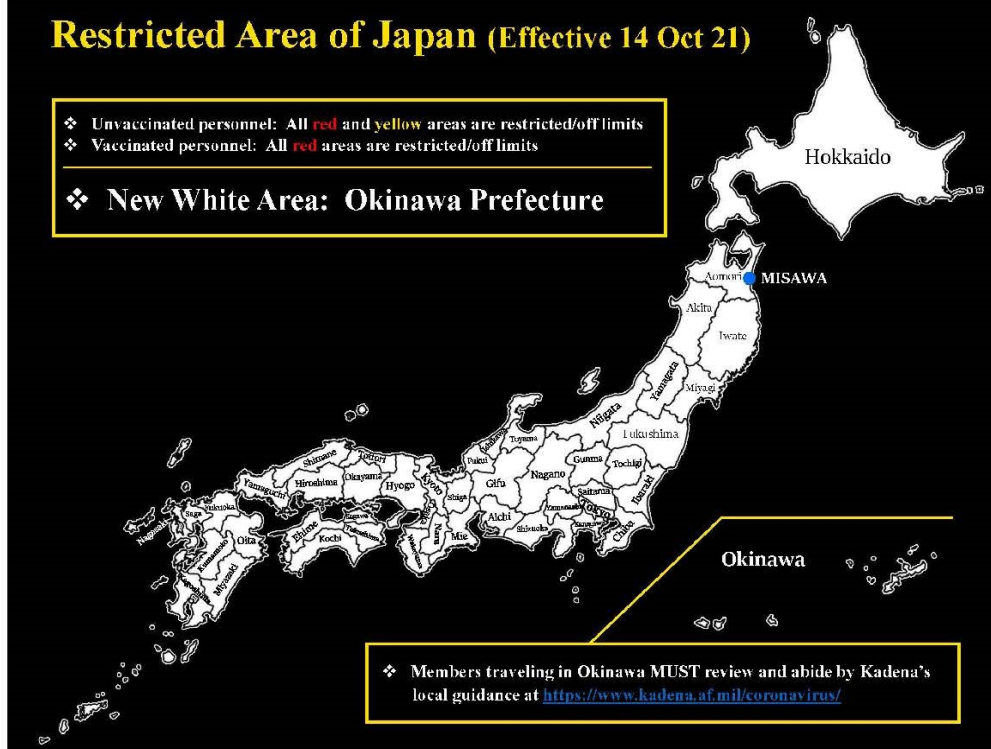
OFF-BASE LIBERTIES

1. Groups larger than 50 people will follow local area restrictions for the facility.
2. Unvaccinated Misawa members are **AUTHORIZED** to visit locations that are not listed as restricted in the map, Vaccinated members may visit the restricted yellow areas but not red areas:
 - a. Travel to Yellow areas for **unvaccinated** personnel will require unit leadership approval and a 14-day ROM on return. (7-day Residential ROM followed by a 7-day Installation ROM)
3. Unvaccinated Misawa members are **RESTRICTED** from the following at **ALL TIMES and LOCATIONS**:
 - a. Bars, nightclubs, karaoke clubs, and social clubs
 - b. **EXCEPTION: Unvaccinated members are allowed to visit bars, nightclubs, karaoke clubs, and social clubs within Misawa City**

Restricted Area of Japan (Effective 14 Oct 21)

- ❖ Unvaccinated personnel: All red and yellow areas are restricted/off limits
- ❖ Vaccinated personnel: All red areas are restricted/off limits

❖ New White Area: Okinawa Prefecture



- ❖ Members traveling in Okinawa MUST review and abide by Kadena's local guidance at <https://www.kadena.af.mil/coronavirus/>

CONTACT INFO

Misawa Medical COVID Hotline: 226-6555/5575 (0176-77-6555/5575); usaf.misawa.35-mdg.mbx.covid-hotline@mail.mil

Misawa COVID Support Cell: 226-2082 (0176-77-2082)

Misawa Air Base Facebook: <https://www.facebook.com/MisawaAirBase/>



On and Off-Base Activity Guide

Allowed Activities



For Traveling

Please refer to the Restricted Area of Japan Map



- Hand hygiene, mask wearing, social distancing

- Fully vaccinated personnel are not required to wear masks on base, except while in the hospital, AMC terminal, DoDEA facilities or JASDF facilities
- Fully vaccinated are no longer required to wear masks near local nationals on Misawa AB



Restricted Activities



- Unvaccinated personnel may only visit bars, clubs and karaoke in Misawa City
- All personnel required to wear masks Off-Base

- Closed spaces where COVID prevention measures cannot be maintained
- Refer to Misawa Air Base COVID-19 Directive for additional information



As of: 14 Oct 21

The vaccines and mitigation measures help us stay considerably safer, but they are not 100% effective in preventing COVID. If you return from travel and develop symptoms, immediately report them to MDG COVID hotline at DSN 226-6555 / Comm 0176-77-6555 to obtain guidance on COVID testing.

In accordance with DoD & USFJ Policy

MASKS ARE NOT REQUIRED FOR VACCINATED PERSONNEL



Kanto Lodge Reservations

Yokota's Kanto Lodge is now able to support reservations more than 60 days out.

This should help planning purposes for those looking to travel over the holiday season.

MISAWA ROM GUIDANCE

See the below graphic for details about ROM and the Misawa AB ROM Handbook additional details:










[https://www.misawa.af.mil/Portals/41/documents/COVID19/MAB%20Newcomers%20ROM%20Handbook%20\(May%2021\)%20v3.pdf](https://www.misawa.af.mil/Portals/41/documents/COVID19/MAB%20Newcomers%20ROM%20Handbook%20(May%2021)%20v3.pdf)

New Yokota Bus Drop off Location

Starting 8 September 2021 the shuttle drop off location will change to the parking lot south of the old base theatre. See attached map for directions.

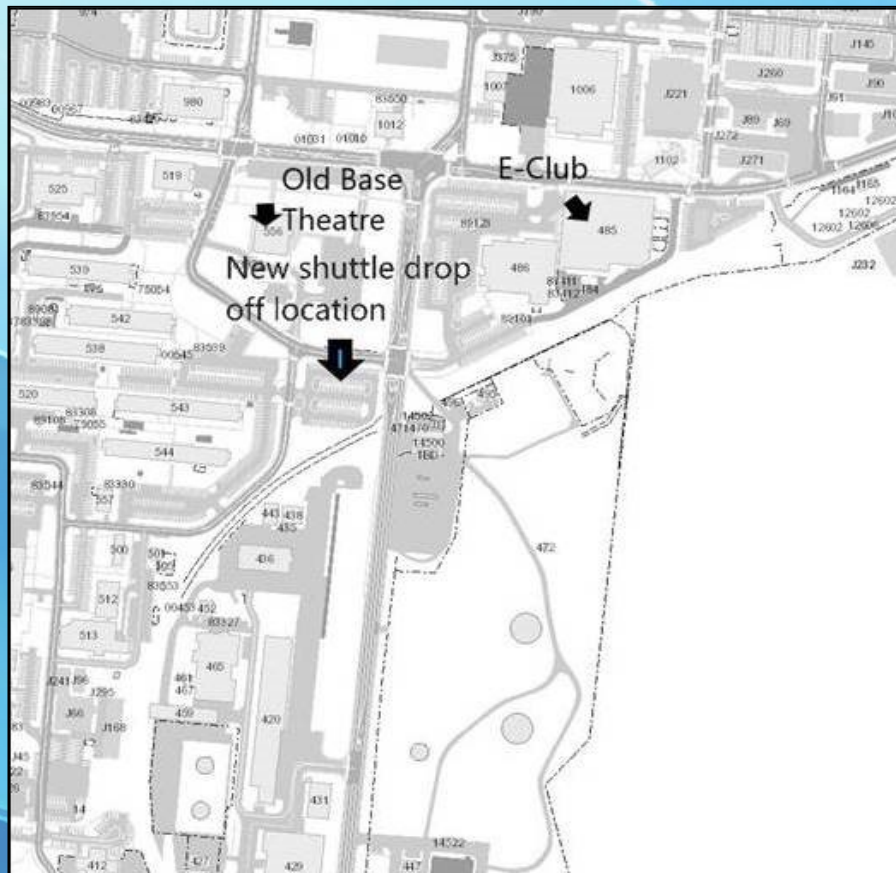


MISAWA ROM GUIDANCE ENTERING JAPAN

 Vaccinated Individual	 Unvaccinated Individual	 Vaccinated Traveler	 Unvaccinated Traveler
Vaccinated Individual Traveler			
	0 days restricted to residence	10 days restricted to installation	Day 5 - 8 test required
Unvaccinated Individual Traveler			
	7 days restricted to residence	7 days restricted to installation	Day 5 - 6 test required
Traveling Family			
	<u>Vaccinated Travelers</u> 0 days residence 10 days on installation	<u>Unvaccinated Travelers</u> 7 days residence 7 days on installation	Day 5 - 6 test required
Vaccinated Traveler			
	<u>Vaccinated Travelers</u> 0 days residence 10 days on installation Day 5 - 8 test required	<u>Household Members</u> No ROM	
Unvaccinated Traveler			
	<u>Unvaccinated Travelers</u> 7 days residence 7 days on installation Day 5 - 6 test required	<u>Vaccinated Household Members</u> No ROM	<u>Unvaccinated Household Members</u> 7 days residence 7 days on installation no test required (monitor symptoms)
<ul style="list-style-type: none">* Unvaccinated require negative COVID test to transition to installation ROM. All require negative COVID test to be released from installation ROM.* See the Misawa AB COVID-19 Directive for ROM definitions.* Contact your chain of command or the COVID Cell for additional guidance.			

* Unvaccinated require negative COVID test to transition to installation ROM.
* All require negative COVID test to be released from installation ROM.
* See the Misawa AB COVID-19 Directive for ROM definitions.
* Contact your chain of command or the COVID Cell for additional guidance.

Current as of 7 Oct 2021



Yokota-Misawa Holiday Shuttle Schedule

Yokota-Misawa Holiday Shuttle Schedule

From 29 Nov 2021 to 10 Jan 2022, shuttle(s) will run every Monday and Wednesday to accommodate holiday travel for Misawa AB members

Available Shuttle Dates:	
24 November 21	20 December 21
29 November 21	22 December 21
1 December 21	27 December 21
6 December 21	29 December 21
8 December 21	3 January 22
13 December 21	5 January 22
15 December 21	10 January 22

To make a reservation on the Yokota to Misawa Shuttle, email the 35 FW COVID Cell at 35FW.covid@us.af.mil and TSgt John King at john.king.42@us.af.mil with:

1. Name and Rank (include legal names of all members traveling in your group)
2. Sponsor(s) Unit(s)
3. Reason for travel (TDY, Leave, etc)
4. Date Departing Misawa
5. Requested shuttle date

For any questions/concerns, please call our office at 226-2082.

Flu Vaccine Lines

See below for details on how, when, and where you can get your flu shot.



Influenza Vaccine Lines



- WHO: ALL US SOFA PERSONNEL
- WHAT: Influenza Vaccine Lines
- WHEN: 28 and 29 Oct @ 0600-1800
- WHERE: Enlisted Club (Fault Line)
- ADDITIONAL INFO:
 - Walk-ins at Immunization Clinic available starting 1 Nov
 - 0730-1600 Mon, Tue, Wed, Fri and 1200-1600 Thu

OPR: Capt Eric Willson
DOE: 30 Oct 2021

COVID-19 Results Available on TRICARE Online

Patients who have received a COVID-19 test may now view their results through TRICARE Online (TOL). The result will be posted as soon as it is certified.

To see your results, please login in to <https://www.tricareonline.com> or Scan QR code below

-click on the Health Record button

-click on Laboratory Results.



- Follow this link or QR Code to REGISTER/LOGIN
- Select LOGIN (either by CAC or DS Logon)
- If you do not have a TRICARE Online account, click on the "Need an Account" and follow the instructions



28 APRIL 2021

Traveling to Japan from SEATAC



TRAVELING TO JAPAN FROM SEATAC? (or sponsoring someone who is?)



***All travelers must receive a negative COVID test
WITHIN 72-HOURS OF SCHEDULED DEPARTURE
from SEATAC**

Travelers have been denied travel due to their tests being outside 72-hours even if it's only by minutes - **Check your test timestamp!****

* Travelers who do not need a negative COVID test for departure from SEATAC:

- SOFA travelers who are fully vaccinated with proof of vaccination
- SOFA travelers who recovered from COVID-19 within the previous 90 days with official proof of recovery
- SOFA travelers under the age of two (2)

Note: COVID XpresCheck is not open for testing at SEATAC during check-in hours

For more information, please consult the DoD Foreign Clearance Guide (<https://www.fcg.pentagon.mil/>)

** Starting 1 Oct, dependents without a Special Issuance (No-Fee) Passport will be denied boarding with no exceptions

FEATURED STORY: Misawa Air Base kicks off CFC Event 2021

Misawa held its annual Combined Federal Campaign (CFC) kickoff at Misawa Air Base, Japan, on Oct. 18, 2021. The CFC, a 60-year federal giving tradition, has raised more than \$8.5 billion for charities and people in need.



Read More Here:

<https://www.misawa.af.mil/News/Article-Display/Article/2817672/misawa-air-base-kicks-off-cfc-event-2021/>

Transportation Security Agency (TSA) Airport Passenger Checkpoints- CAC Use By Travelers at Airport Check-In

The TSA system for verifying CAC holder’s bar code information is not working and may prevent air travelers from checking in at airports. Members who plan to travel will need to bring alternative identification with them to the airport, such as an unexpired State Driver’s license, State ID, or Passport. Complete list of acceptable identification is listed at: <https://www.tsa.gov/travel/security-screening/identification>

The DoD is aware of members presenting their Common Access Card (CAC) as an acceptable form of Identity at the TSA airport passenger checkpoints. The Defense Manpower Data Center (DMDC) continues to work with TSA and Department of Homeland Security (DHS) officials, and will provide an update to the DoD/uniformed Services DEERS Project Offices of TSA’s efforts at airport passenger checkpoints.



WILD WEASEL
WEEKLY WRAP-UP

Misawa Veedol Beach Closed for Season

The Misawa Veedol beach will be closed for camping/BBQs until next season (Misawa Veedol beach normally opens from mid-July to early September). You can walk around the beach, but please ensure to refrain from littering garbage.

Interpersonal Violence Victims’ Legal Services Pilot Program

From **1 August 2021 – 31 October 2021**, individuals stationed at Misawa AB and Yokota AB who believe they may be victims of interpersonal violence may contact the Yokota Special Victims’ Counsel office at **DSN 225-8880** to schedule an appointment for confidential legal assistance.

From **1 August 2021 – 31 October 2021**, all Special Victims’ Counsel will be participating in the Air Force Test Pilot Program to offer expanded services to victims of interpersonal violence. Capt Joline Combs, Special Victims' Counsel, will be offering legal assistance to interested victims at Misawa and Yokota. For those at Misawa, Capt Combs can do these appointments telephonically, or via apps such as FaceTime video or Zoom.

The purpose of the three-month pilot program is to gauge the need for Special Victims' Counsel Services outside of those already provided to victims of domestic violence and sexual assault.

AIR & SPACE FORCE SPECIAL VICTIMS’ COUNSEL

Providing support to Yokota and Misawa



INTERPERSONAL VIOLENCE VICTIMS' LEGAL SERVICES PILOT PROGRAM

- **INTERPERSONAL VIOLENCE (IPV) VICTIMS ARE VICTIMS OF:**
 - DATING VIOLENCE
 - FAMILY VIOLENCE
 - WORKPLACE VIOLENCE
- **WHAT SVCs CAN DO FOR IPV VICTIMS:**
 - PROVIDE CONFIDENTIAL LEGAL ADVICE
 - EDUCATE YOU ON YOUR RIGHTS AS A CRIME VICTIM
 - PROVIDE INFORMATION & REFERRALS TO VICTIMS’ SUPPORT SERVICES
- **CONTACT YOUR LOCAL SVC OFFICE TO SCHEDULE A CONSULTATION**
- **WHAT SVCs DO FOR SEXUAL ASSAULT AND DOMESTIC VIOLENCE VICTIMS:**
 - PROVIDE CONFIDENTIAL LEGAL ADVICE
 - PROTECT YOUR RIGHTS AND PRIVACY INTERESTS
 - ADVOCATE YOUR VOICE & CHOICE
 - ADVISE YOU ON THE INVESTIGATION AND PROSECUTION PROCESS
 - REPRESENT YOU IN INTERVIEWS, HEARINGS, AND MILITARY TRIALS
- **CONTACT YOUR LOCAL SVC, SARC, FAP, VWAP COORDINATOR OR LEGAL OFFICE TO REQUEST AN SVC***

* RESTRICTED REPORTS: GO TO THE SVC, SARC, VICTIM ADVOCATE, CHAPLAIN, OR HEALTH CARE PROVIDER TO ENSURE THE REPORT REMAINS RESTRICTED



CAPT JOLINE DOEDENS COMBS
SPECIAL VICTIMS' COUNSEL



SSGT LAUREN SHEERAN
SPECIAL VICTIMS' PARALEGAL

YOKOTA AB SVC OFFICE
WESTSIDE, BLDG. 1297
(NEXT TO THE BOWLING ALLEY)
DSN: 225-8880



WILD WEASEL WEEKLY WRAP-UP

35 MDG Closure



35th Medical Group Closure – Training

- **CLOSED:** Friday – October 22 @ 1200
 - Outpatient and Dental Clinics
- **OPEN 24/7:**
 - Urgent Care Clinic, Labor & Delivery, and Inpatient Units

35th Medical Group, Misawa AB, Japan	
Emergencies: 911 (from base phone) 119 or 0170-65-1911 (from JP cell)	For Online Appointment Booking Medication Refills Lab Results/ Secure Messaging: https://www.tricareonline.com/US2/prelogin/desktop/index.html (QR code below)
Nurse Advice Line: 0120-99-0885 (from JP cell) 011-888-901-7144 (from US cell) 99-0011-888-901-7144 (from base phone)	For closures or changes in service follow us on Facebook: AFMIS 35th Medical Group Misawa
Medical Appointment Line: 226-6111 Hours 7:00 am – 4:00 pm	Official Website: misawa.tricare.mil
Dental Appointment Line: 226-6700 Hours 7:30 am – 4:30 pm	How to dial clinic numbers: *From JP cell: 0170-77 + last 4 of telephone number *From US Cell: 011-81-176-77 + last 4 of telephone number *From base phone to US commercial: 99-0011 + area code + 7-digit telephone number
Flight/Aviation Medicine: 226-6133 Hours 7:30 am – 4:30 pm	Outpatients services hours, to include radiology, lab and pharmacy: Monday, Tuesday, Wednesday, and Friday: 7:30 am – 4:30 pm Thursday: 9:00 am – 4:30 pm
Pharmacy Refills: 226-6194 Available 24 hours a day	



OPR: Capt Eric Willson

Display until 23 Oct 21

Base Trick-or-Treat Update

We are happy to announce, Misawa Air Base will have base-wide trick-or-treating on Saturday evening, October 30th from 5-8 p.m. Unfortunately the off base Misawa City Halloween Festival on October 23rd was cancelled. Don't forget to practice social distancing and other COVID mitigation measures so we can continue to keep a safe and healthy community.

Misawa Air Base

Trick or Treat

October 30 | 5-8pm



Base-wide!

We thank you for practicing social distancing and other COVID mitigation measures!

Comptroller Services Portal (CSP)

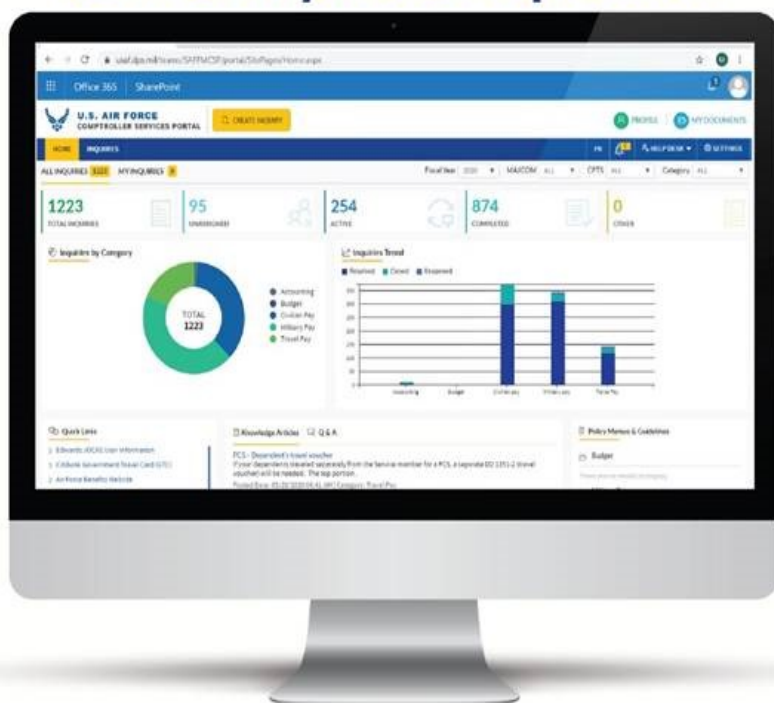
Effective 1 November 2021, the Comptroller Services Portal (CSP) will be the primary means of communicating with the Finance Customer Service Office for quick resolution. For those Airmen that prefer in-person service, the QR code/link at the bottom of the flyer will allow the set up one-on-one time with our experts. See the flyer for more details.



U.S. AIR FORCE
COMPTROLLER SERVICES PORTAL



QUICK-START GUIDE 35th Comptroller Squadron



Set up your Profile

On your CAC-enabled device, go to usaf.dps.mil/teams/saffmCSP/portal; click "PROFILE" and populate the text boxes as directed (note: Left click on auto-populated fields to select)

Click "UPDATE" when complete

Create an Inquiry

Click "CREATE INQUIRY" on the top banner of the page; review your information in Section - A: Customer Details and provide additional details as directed

Scroll down to Section - B: Inquiry Details to input your question and provide key details-similar to how you would during an in-person CPTS visit

Click "SUBMIT" when complete

Check Inquiry Status

Refer to the "INQUIRIES" tab to check the progress of your submission



**Appointments
available!**

To book an in-person appointment schedule here:
<https://35comptrollersquadron.setmore.com/>



Steam and Domestic Hot Water Outage

Connection of Cogeneration Plant requires shut down of all boilers at the Central Boiler Plant, B465. All industrial facilities, towers, and dorms located on Main Base will lose hot water and heat from **2300, 30 Oct to 0700, 31 Oct**. Please see the following slide.



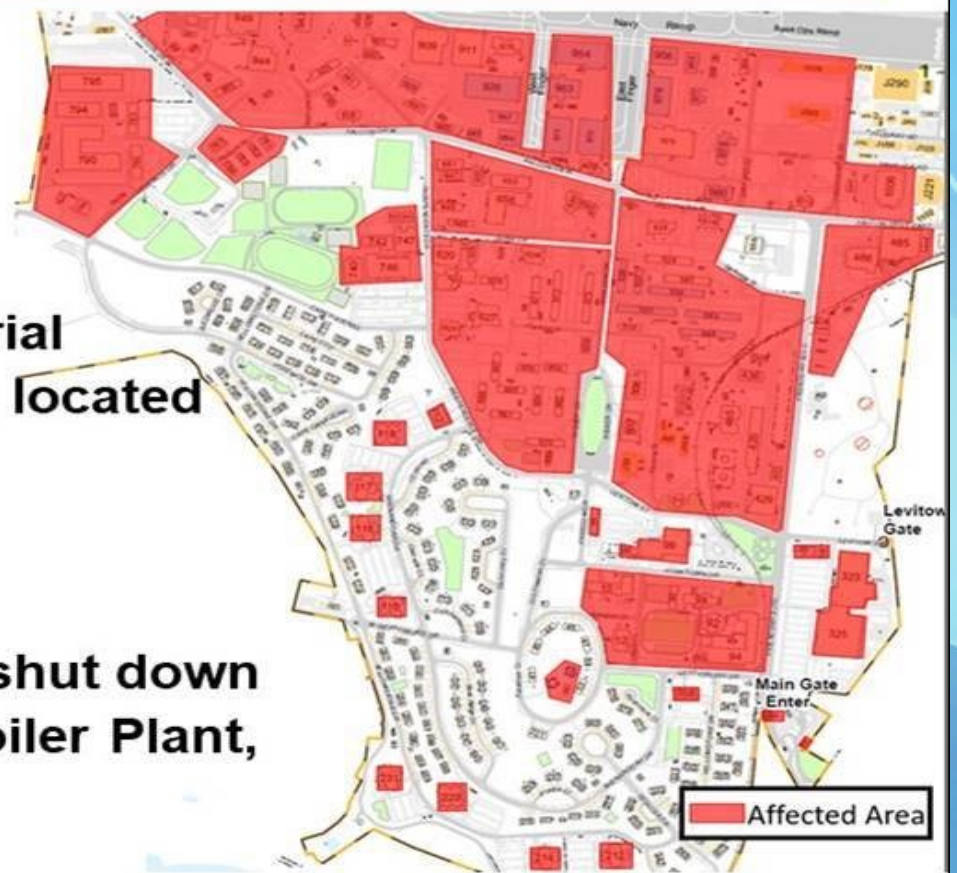
Steam & Domestic Hot Water Outage



Date: 30 Oct 21

Time: 23:00 – 07:00 (8hr)

- **Affected Facilities:** All Industrial facilities, Towers, and dorms, located on Main Base
- **Background:** Connection of Cogeneration Plant requires shut down of all boilers at the Central Boiler Plant, B465



Friendship (Main) Gate Closure

Readiness – Teamwork – Community - Leadership

Gate Closure /One Lane Traffic for Pop-up Barrier Maintenance

Saturday, 23 Oct 2021: Friendship (Main) Gate

0830 - 1200hrs: One-Lane traffic with flagman & traffic cones.
0835 – 0840hrs / 1155 – 1200hrs: All lanes will be closed for test.

POC: 35CES/CEOES
Ms. Hiroko Yokoyama
(226-3624)

Readiness – Teamwork – Community - Leadership

Combined Federal Campaign (CFC) Virtual Kickoff

Since the establishment of the Combined Federal Campaign (CFC) by President Kennedy in 1961, we’ve come a long way. Generous federal employees have come together to support causes important to them by raising over \$8.5 billion in pledges to local, national, and international charities over the last 60 years. To mark this achievement, it is our pleasure to announce the 2021 CFC and our support to the historic, world-changing campaign – starting with our Virtual Kickoff on 20 September 2021.

Paper Kick-Off: October 18 – January 15, 2022

Your unit CFC Keyworkers will be reaching out to you. Be on the lookout for other ways to give back this year – whether it’s through giving, volunteering, or engaging at events, sharing your story, or thanking our charities. You can learn more and get started on your Change-maker journey at: GiveCFC.org.

Misawa CFC Community Area Project Officers (CAPOs):
Capt Rafael Dy and Capt Joshua Hager



HOW THE CFC WORKS

FOR DONORS

Federal employees and retirees represent a strong, caring community through the CFC, dedicated to making a difference for those in need. Overseen by the Office of Personnel Management, the CFC offers the federal community the opportunity to donate to thousands of participating charities.

Here’s how it works:

1 CHOOSE YOUR CAUSE



Whether you care about finding cures for diseases, supporting military families, or promoting equality for all, the CFC has vetted charities for any cause you want to support. You can even give to multiple charities with one pledge.

2 MAKE YOUR PLEDGE



Our favorite giving option, the online pledge portal, allows you to easily renew your pledge each year and offers the full range of pledge options:

- Payroll deduction (the most popular!)
- Credit/debit card
- E-check/bank transfer
- Volunteer hours (federal employees only)

Other options include the CFC Giving Mobile App and paper pledge forms.

3 CHANGE THE WORLD



Thanks to your generosity, CFC charities will make a difference in our local communities, across the nation, and around the world.



DONATE TODAY AT GIVECFC.ORG

HOSTED BY THE U.S. OFFICE OF PERSONNEL MANAGEMENT

October 2021 Domestic Violence Awareness Month

United to End Domestic Violence

Time: Friday 29 October from 0800-0900

Tune in to weekly AFN Interviews with Misawa community helping professionals

Community Awareness & Education

Traveling vertical banners in high traffic areas (“Is Your Relationship Healthy?”, “This is Not Love”) throughout October

For more information, please contact Suzanne James, Violence Prevention, DSN 226-3513 or email: suzanne.james@us.af.mil

35th Fighter Wing Sakura Olympic Games Coin & T-shirt design Contest



Coin & T-shirt Design Contest for 35th Fighter Wing Sakura Olympic Games!

WHAT: Help us design the upcoming 2022 Sakura Olympic Games T-shirt and coin

WHO: Anyone can enter the contest

WHEN: Deadline for submissions is October 30th, 2021

HOW: The theme should include the following:

- Strengthening alliances and partnerships and building stronger relationships with our nations’ partners
- Be inspired by our Wing CC priorities: READINESS, TEAMWORK, COMMUNITY, LEADERSHIP
- Include Cherry Blossoms

WHY: The winning designer(s) will receive a \$50 Visa gift card and have their design featured on the T-shirts and the winning gold , silver, and bronze medals

For more information or any questions, please contact A1C Arianna Lyman at 226-3204 or SrA Jacob Lemanski 226-3683

Annual Sexual Assault Prevention and Response (SAPR) Training opportunities

Annual SAPR trainings (**mandatory for all AD and GS and due by 31 December**) will now be offered at the Professional Development Center on **18 and 25 October at 1300**. Use the link below to sign up for a class.

National Disability Employment Awareness Month

Did you know that October is National Disability Employment Awareness Month? To learn more and get information on how you can educate your unit, see the link on the poster.



Winter Safety Awareness Briefing

The Winter Safety Awareness Event is a mass briefing conducted by 35 FW/SE and Naval Air Station Misawa to educate personnel on the hazards associated with the extreme winters at Misawa.

Readiness – Teamwork – Community - Leadership

Winter Awareness Briefing

WHO: All Airmen who have not previously attended and NAVY Personnel stationed at Misawa

WHEN: 5 November

WHERE: Hangar 949

TIMES: - 0830-1030
- 1030-1230
- 1230-1430
- 1430-1630



Dependents, DAFC, DoDDS and other tenant units highly encouraged to attend.

Readiness – Teamwork – Community - Leadership

Misawa Special Olympics Donation Bake Sale



All proceeds will be supporting the upcoming Misawa AB Special Olympics! COVID Mitigation measures will be taken through duration of event.

MISAWA
SPECIAL
OLYMPICS
BAKE SALE

30 October 2021 at
1000- 1500
Commissary
Breezeway

Donations Only

This Organization is not a part of the Department of Defense or any of its Components and it has no governmental status.



AF Family Suicide Prevention Training

What: AF Family Suicide Prevention Training

When: 18 Nov, 1300-1400

Where: Professional Development Center, building 1006.

Description: The Air Force has developed a new suicide prevention training for spouses of Airmen of all ranks and grades called “Equipping Family Members to Help Airmen in Distress.” This video training, supplemented with a discussion guide and handouts will be conducted in a small group discussion format. Discussion topics will include: Distress and Warning Signs, Intervention, Time-Based Prevention, Resources and Follow Up, and Being Proactive. This training also meets the annual requirement for Suicide Prevention training for Key Spouses/ Mentors. For more information, please call or email Mrs. James, tel 226-3513, email: suzanne.james@us.af.mil.

TO LEARN HOW TO PROVIDE THE SUPPORT YOUR
AIRMEN AND SPACE PROFESSIONALS NEED, GO TO



www.resilience.af.mil/Programs/Equipping-Families

Equipping Families to Help Airmen in Distress

YOU

ARE YOUR AIRMAN'S
GREATEST SUPPORT

LOVED ONES

CHILDREN

SIBLINGS

PARENTS

FAMILIES

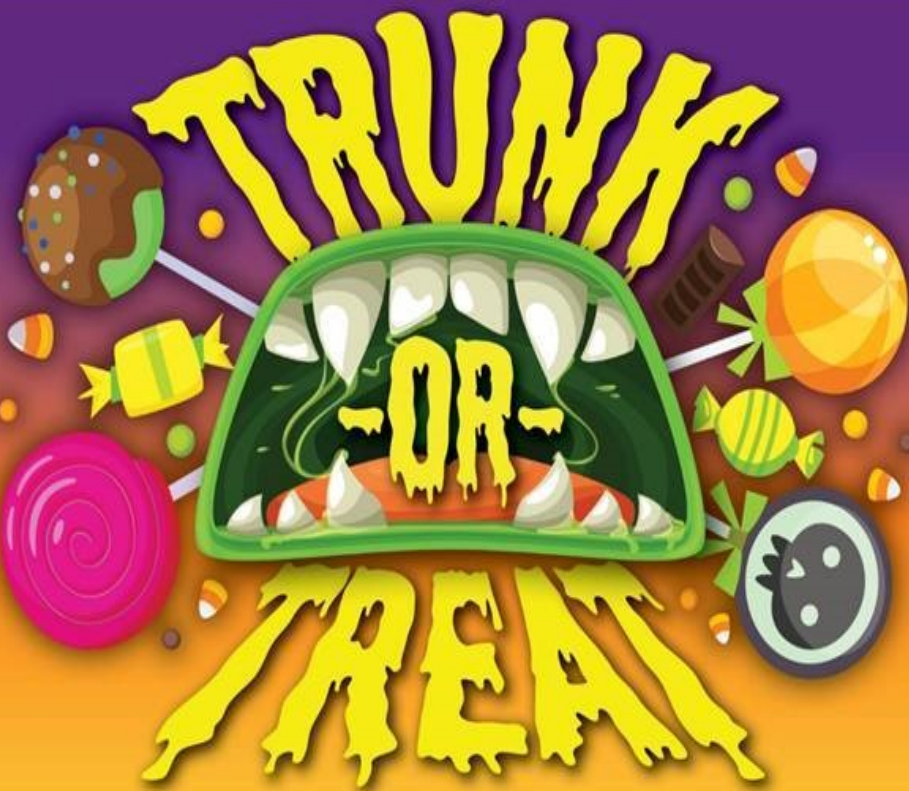
SPOUSES

Military
Crisis Line
1-800-273-8255 PRESS 1

MILITARY
ONE SOURCE
www.militaryonesource.mil

DAF RESILIENCE
www.resilience.af.mil

SATURDAY,
OCT. 23
4-7 P.M.
BX PARKING LOT




TRUNK
PARTICIPANTS
NEEDED!

SIGN UP AT
35FSS.COM

AtHoc Registration Instruction

Please use the following information to register for AtHoc. Please note that dependents' numbers can be registered in AtHoc as well via their sponsor.

Have You Updated AtHoc?



- ✓ Get all Misawa Emergency Notifications through phone, text, and email.
- ✓ Click the "Purple Globe" on your desktop and "Update My Info"
- ✓ Download the "BlackBerry AtHoc" Mobile App to get notifications sent to all your Mobile Devices
- ✓ Org Code: RJSM

35th Fighter Wing Public Affairs